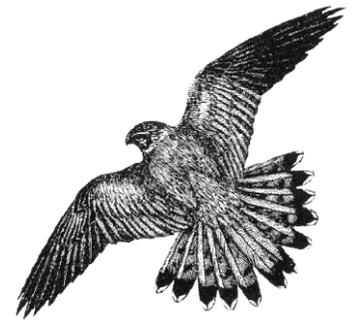


The Gray Hawk

NEWSLETTER OF
THE UNIVERSITY OF IOWA RETIREES ASSOCIATION



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**Hear about
the Iowa
Flood
Center:
Wednesday,
March 6th,
10:30 a.m.**

Our first UIRA program in March will be a presentation by **Professor Larry Weber at the Iowa City Public Library, Meeting Room A, Wednesday, March 6th, 10:30 a.m. until noon.** The Iowa Flood Center was established in 2009 in response to the 2008 flooding which devastated Eastern Iowa. The main purpose of the Iowa Flood Center is to provide research and educational programs to enhance Iowa's preparedness for future floods. Larry Weber is the Director of the Iowa Institute of Hydraulic Research (IIHR) - Hydroscience and Engineering, the co-Founder of the Iowa Flood Center and holds the Edwin B. Green Chair in Hydraulics. A native Iowan, he serves on several state committees and boards.

**Mallik
explains the
Higgs
boson: the
"God"
particle
March 29th**

Professor Usha Mallik will present a program on the Higgs boson, the "God" particle (and the origin of matter) at the E. Jean Schwab Auditorium, lower level of the Coralville Public Library, March 29th, 3:30 - 5:00 p.m. She is a Professor in the Department of Physics and Astronomy, specializing in Experimental Particle Physics. Professor Mallik will explain where and how the Higgs boson or "God" particle fits into the theory of the universe. She and her group of post-doctoral fellows and graduate students work on data from the ATLAS detector at the Large Hadron Collider (LHC) at CERN (European Organization for Nuclear Research), near Geneva. LHC experiments discovered the supposed Higgs only last year. There is free **parking** in the library parking lot with direct access to the lower level. Parking on the main level is permitted but please avoid the closest two parking aisles, which are reserved for library patrons.

**Save the date
Tuesday,
April 23rd,
Annual
luncheon and
meeting**

UIRA annual general business meeting and luncheon is scheduled for April 23, 11:30- 1-30. The event will be at the Holiday Inn Conference Center, located north of I-80 at exit 242. There will be a choice of entrees, including a vegetarian selection; and gluten-free meals may be requested. There will be a cash bar and time for socializing beginning at 11:30 and luncheon served at noon. New officers and directors for 2013-14 will be elected by the membership at this meeting. The business meeting will follow the luncheon. Musical entertainment will be singing as provided by Music Professor Stephen Swanson. This is also a good time to renew your UIRA membership. Watch for other information and the reservation form, which program chair Rick Walton will distribute via e-mail later in March and in the April issue of the *Gray Hawk*.

UIRA Board of Directors 2012-13	Nancy Williams 338-2073 nancy-williams@uiowa.edu	President
	Richard Walton 354-8090 richard-walton@uiowa.edu	President Elect
	Nancy Ross	Secretary
	Joseph Joynt	Treasurer
	Ken Kuntz	Past President
	E. Ann Ford	<i>Gray Hawk</i> Editor
	Richard Borchard	Director
	Ruth Dawson	Director
	Nancy Lynch	Director
	Gene Spaziani	Director
	Kenneth Starck	Director
Pam Willard	Director	
Ken Yerington	Archivist (<i>ex-officio</i>)	

New UIRA officers nominated

Thanks to our Nominating Committee (Sharon Scheib (Chair), Charlie Anderson, Ruth Dawson, Nancy Lynch, and Bill Oglesby) we have a new slate of officers.

Below is the slate of officers which will be balloted on at our annual luncheon and business meeting April 23rd. The new board members will take office in July. We are very grateful to the Nominating Committee for their good work!

- President-Elect: Larry Wilson (Facilities Management)
- Directors at Large: Gene Spaziani (Biology) for a second term and Richard Johns (Mass Communication)
- Treasurer: Kris Canfield (HR, UI Health Care)

Deadline for April Gray Hawk Copy

The deadline for submitting items for the April 2013 issue of *the Gray Hawk* is Friday, March 22nd. Please send them to E. Ann Ford by regular mail at 10 Forest Glen, Iowa City, IA 52245, or via e-mail to e-ann-ford@uiowa.edu

Please Welcome the Following New UIRA Members

Note: If you are a new member but have not seen your name listed, please e-mail Ruth Dawson at rbdawson@inav.net

- | | |
|-------------------|-----------------------|
| Earl L. Gingerich | College of Dentistry |
| Elona A. McLees | Human Subjects Office |
| John Streif | Athletic Training |

**Register for
UI Senior
College
Courses**

Just two courses remain available for the Spring 2013 schedule. The classes meet for two hours, once a week for four weeks and are open to anyone interested. Registration is \$30 for each course. Register by contacting the Alumni Association at www.iowalum.com/srcollege/ or by calling Jane Kirsch at (319) 335-3294 or (800) 469-2586.

- Session 5 **Who's There? The Questions of *Hamlet*. Mondays, April 1, 8, 15, 22 1 - 3 p.m.** 2520D University Capitol Centre Registration Deadline: March 25 Class Limit: 60 *Hamlet* is probably Shakespeare's most famous play, and it's certainly his longest; written, we think, around 1600, at the midpoint of Shakespeare's 20-year career as a playwright, it's both a play very much of its own time, and continuously relevant and fascinating through the centuries. What makes this play so special? We certainly can't answer that question definitively, but we'll look at the play through a series of perspectives.
INSTRUCTOR: **Miriam Gilbert** has taught for the UI Department of English since 1969. She is particularly interested in performance as interpretation.
- Session 7 **The Imagination of Mars in Science Fiction (and in Science). Wednesdays, April 17, 24; May 1, 8 2:30 - 4:20 p.m.** 228 Chemistry Building Registration Deadline: April 10 Class Limit: 60
No subject has been the object of more works of science fiction than the Red Planet. Few subjects in scientific inquiry have been as influenced by fictional imagination as Mars. We will celebrate the importance of Mars for BOTH science and science fiction as documented in Professor Robert Crossley's magnificent study *Imagining Mars: A Literary History*, and in works of science fiction such as Ray Bradbury's equally magnificent *The Martian Chronicles*.
INSTRUCTOR: **Brooks Landon** is the UI Herman J. and Eileen S. Schmidt Professor of English and has written widely on science fiction literature and film. He is the author of *Science Fiction After 1900: From the Steam Man to the Stars*.

Dr. Darren Hoffmann, lecturer in the Department of Anatomy and Cell Biology, began his Senior College course, **The Human Body**, with the musculoskeletal system. Nancy Williams sent information from his first lecture which is critical to our health:

What does a joint need to be healthy?

- Movement: stimulates synovial fluid production
- Stretching : stretches ligaments keeping joint flexible for above
- Healthy weight: less stress on joints
- Exercise: low-impact, build muscle around joint
- Try to hold your body in the way it was meant to be held: posture, ergonomics

What does bone need to be healthy?

- Movement! (stimulate blasts to make bone)
- Manage stress (reduce cortisol levels)
- Diet: Calcium (to form the hard quality of bone), Vitamin C (helps build the collagen in bone), Vitamin D (to help absorb calcium), Vitamin A (to make sure your intestines healthy for absorption), and healthy fats (to help absorb all of the above)

What does muscle need to be healthy?

- Work : To stimulate protein filament formation and maintenance
- Protein: from eggs, meat. To build the protein filaments.
- ATP (adenosine triphosphate) from eating (glucose) and breathing (oxygen). To store cellular energy
- Calcium for the electrical signal that triggers contraction

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UI Retirees Association
Levitt Center for University Advancement
100 Levitt Center
Iowa City IA 52242**

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